



2026 Interventional Psychiatry Showcase

Ketamine and Ketosis: Exploring the Power of K

March 16, 2026 - 11:30am-3:30pm
UPMC Western Psychiatric Hospital Auditorium

PROGRAM SCHEDULE

11:30pm – 12:15pm Lunchtime Discussion Tables – Room N277

Seating is limited, but we will do our best to accommodate your request for a seat at a Roundtable. General lunchtime seating is also available if we are unable to assign you to a roundtable and for all other attendees.

1. **Roundtable 1 – Clinical Ketamine: Esketamine and IV Ketamine (Facilitators: Marie Anne Gebara, MD and Matthew Geramita, MD, PhD)**
2. **Roundtable 2 – Exploring Mechanisms with Ketamine (Facilitators: Deepak Sarpal, MD and Brian Coffman, PhD)**
3. **Roundtable 3 – Nutritional Ketosis (Facilitators: Mary Phillips, MD (CANTAB) and Robert Raeder, MS)**
4. **Roundtable 4 - Open Discussion Table (Facilitators: Marta Pecina, MD, PhD and Danella Hafeman, MD, PhD) –**
This is an opportunity to talk about interventional psychiatry research (your own or others)

12:15pm-12:30pm Transition to Auditorium

12:30pm Welcome & Introduction
Helmet Karim, PhD – Assistant Professor of Psychiatry and Bioengineering

12:35pm Session 1

- **12:35pm-12:45pm: *Therapeutic Ketosis***
Robert Raeder, MSc, MA Research Principal, Mood and Brain Lab
- **12:45pm-1:00pm: *Investigations into the Mechanisms that Underlie the Therapeutic Effect of a Ketogenic Diet in Bipolar Disorder***
Colleen McClung, PhD, Professor of Psychiatry and Clinical and Translational Science
- **1:00pm-1:15pm: *Ketogenic Diet for Young People with Bipolar Disorder***
Danella Hafeman, MD, PhD, Associate Professor of Psychiatry
- **1:15pm-1:30pm: *Multimodal Approaches to Understanding How and Why Nutritional Ketosis Works***
Mary Phillips, MD (CANTAB), Pittsburgh Foundation-Emmerling Endowed Chair in Psychotic Disorders and Distinguished Professor of Psychiatry, Bioengineering, and Clinical and Translational Science
- **1:30pm-1:45pm: *Q&A / Panel Discussion***

1:45pm-2:00pm Break – Light refreshments will be provided.

2:00pm Session 2

- **2:00pm-2:15pm: *Cellular and Circuit Mechanisms of Ketamine's Antidepressant Effect***
Matthew Geramita, MD, PhD, Assistant Professor of Psychiatry
- **2:15pm-2:30pm: *The Clinical Use of Ketamine***
Marie Anne Gebara, MD, Assistant Professor of Psychiatry
- **2:30pm-2:45pm: *Specifying and Leveraging Rapid Effects of Ketamine on Plasticity Mechanisms across Levels of Analysis: Findings from Clinical Trials***
Rebecca Price, PhD, Professor of Psychiatry and Associate Professor of Clinical and Translational Science and Psychology
- **2:45pm-3:00pm: *Biological Mechanisms Underlying Ketamine's Clinical Effects***
Manivel Rengasamy, MD, Assistant Professor of Psychiatry
- **3:00pm-3:10pm: *Real-World Implementation of Intravenous Ketamine for Acute Treatment of Suicidality in a Tertiary Care Hospital***
H. Nur Eken, MD, Psychiatry Research Pathway Resident
- **3:10pm-3:25pm: *Q&A / Panel Discussion***

3:30pm Wrap Up and Adjourn

Course Director

Helmet Karim, PhD, *Assistant Professor of Psychiatry and Bioengineering, University of Pittsburgh School of Medicine*

Planning Committee

Brian Coffman, PhD - *Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine*

Fabio Ferrarelli, MD, PhD - *Associate Professor of Psychiatry, University of Pittsburgh School of Medicine*

Erika Forbes, PhD - *Professor of Psychiatry, Pediatrics, and Psychology, University of Pittsburgh School of Medicine*

David A. Lewis, MD - *Distinguished Professor of Psychiatry and Neuroscience, Thomas Detre Professor of Academic Psychiatry, Chair, Department of Psychiatry, University of Pittsburgh School of Medicine*

Mary Phillips, MD, MD (CANTAB) - *Distinguished Professor of Psychiatry, Clinical and Translational Science, and Bioengineering, and Pittsburgh Foundation-Emmerling Endowed Chair in Psychotic Disorders, University of Pittsburgh School of Medicine*

Deepak Sarpal, MD - *Associate Professor of Psychiatry, University of Pittsburgh School of Medicine*

For more information, please contact Jeanie Knox at knoxjv@upmc.edu.